



**BANT**<sup>®</sup>

Science-based nutrition  
practice since 1997



## **NED Science Forum - see ticket holders at the RSM! Also upcoming – BANT AGM 16 May 2024 at 6pm**

Hello there,

The BANT Council and NED Editorial Board are looking forward to welcoming ticket holders to the first ever NED Science Forum at the Royal Society of Medicine on 13 May 2024. With presentations on Blue Zones and different aspects of nutrition science and research, it is shaping up to be a great evening. Of course, there will also be plenty of time for networking and sharing some tasty food. **If you have a ticket and are now not able to come, please let us know as we have a huge waiting list.** The event will be recorded and made freely available to all BANT members, so if you missed out on a ticket, watch out for further announcements after the event to access the recording.

It is time to submit your questions to the BANT Council! BANT AGM is taking place on 16 May from 6:00PM to 7:30PM. It is on-line so all members are able to attend live. **Please get involved** – it is more exciting than the title suggests! We want to hear from you, so we can support you as well as we can. **Got a burning question?** Submit them here [agmquestions@bant.org.uk](mailto:agmquestions@bant.org.uk) ahead of 16 May.

We've had webinars courtesy of [Nouveau Healthcare](#) and [Pure Encapsulations](#) recently for which thanks and are looking forward to welcoming back [Enzyme Science](#) in June. See below for details.

Keep scrolling for the full range of CPD from our recognised training providers below. Browse further on the [Events and Conferences page](#).

If you have any questions or feedback, please send a message to BANT's Science and Education Manager, Clare Grundel at [clare.grundel@bant.org.uk](mailto:clare.grundel@bant.org.uk).

Scroll down for this month's CPD offering.

Keep an eye on the list of BANT CPD recognised events [here](#) as it is constantly updated.

This email is sponsored by:



## NED Science Forum Sponsor is Hosting a Networking Lunch on 13 May 2024

Join the Veri team prior to the NED Science Forum for a light lunch, networking, and discussion on how to incorporate glucose monitoring into your practice. Space is limited, so don't wait to reserve your seat!

[Reserve Your Ticket](#)



### BANT AGM 2024 plus Q&A

**Thursday 16th May 2024 at 6pm**

**BANT Directors, Managers, and Volunteers are looking forward to meeting you virtually for our 2024 BANT AGM plus Q&A.**

As BANT members, we have an opportunity to play a bigger part in future healthcare models. Join us to discover the events, media and political channels we are using to increase the visibility of BANT members.

You can email us at [agmquestions@bant.org.uk](mailto:agmquestions@bant.org.uk) before the 3rd May 2024

We will also be holding Council elections. To take part, nominate a candidate, and vote, please follow the instructions below.

## BANT AGM 2024

As BANT members, we have an opportunity to play a bigger part in future healthcare models. Join us to discover the events, media and political channels we are using to increase the visibility of BANT members. Send your questions to [agmquestions@bant.org.uk](mailto:agmquestions@bant.org.uk).

[Reserve Your Ticket](#)



**BANT**  
WEBINAR  
PARTNERSHIP PROGRAMME

Enriching your Continued Professional Development

**LIVE**

The graphic features the BANT logo at the top, followed by the text 'WEBINAR PARTNERSHIP PROGRAMME'. Below this is the tagline 'Enriching your Continued Professional Development'. A central illustration shows a green computer monitor with a person icon on the screen and a red 'LIVE' badge in the top right corner. The entire graphic is enclosed in a green border.

## Enzymes and Inflammation

LIVE in partnership with [Enzyme Science](#) - Live and online on 4 June 2024 at 12pm

Join Leyla El Moudden as she presents on how to use enzyme supplementation for inflammation.

[Sign up Here](#)



**BANT | EVENTS**  
Q2 2024

**HEALTHSPAN & OPTIMAL AGING**

Join us to explore nutrition & lifestyle approaches to enhancing healthspan

**BOOK NOW**

**SATURDAY 29 JUNE 2024**  
VIRTUAL ONLINE EVENT

The graphic features a hand holding wooden blocks with various health-related icons (a plus sign, a water drop, a brain, an apple, a heart, and a person). The BANT logo and 'EVENTS Q2 2024' are in the top right. The event title 'HEALTHSPAN & OPTIMAL AGING' is in the center, with a description below it. A 'BOOK NOW' button with a right arrow is in the bottom right. The date and event type are at the bottom. The background has a purple and white checkered pattern.

## Healthspan and Optimal Aging

Live on-line 29 June 2024

Tickets are on sale for the second BANT event of 2024. Join us online on Saturday 29 June 2024, for a deep dive into healthspan and optimal aging. This event will cover the latest research and theory with a strong emphasis on science-based tools and tips for use in clinical practice. With presentations from Professor Rose Anne Kenny, Emma Beswick and Lorraine Nicolle.

[Buy your Ticket Today!](#)



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## Enhancing Healthy Ageing: Insights from the Reversing Biological Age Pilot Study.

Recording now available. Education provided in partnership with [Pure Encapsulations](#)

Listen to Dr Denise Furness as she presents on the epigenetic test used in the above study, the 3-month protocol employed and the cohort results.

*Listed in the BANT Learning Zone under category - Nutrigenomics/Genetics*

Watch the Webinar

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## Anti-histamine Intolerance

Recording now available. Education provided in partnership with [Nouveau Healthcare](#)

Listen to Dilikiran Kular, as he presents on the good, the bad and the ugly of histamine.

*Listed in the BANT Learning Zone under category - Immune and Inflammation*

Watch the Webinar

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## Student Virtual Tea Sessions – Run for Student Members but open to all!

- [Enhanced Training for Working with Clients with Cancer with Sharon Ling](#) on 21 May 12-1pm
- [Female Empowerment with Saeed Younis](#) on 11 June 12-1pm

Find out more Here

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## Expert Reviews on Osteoporosis

- [Evaluating adherence, tolerability and safety of oral calcium citrate in elderly osteopenic subjects: a real-life non-interventional, prospective, multicenter study.](#) In Aging Clinical and Experimental Research. 2024. With Expert Review from Ana-Paula Agrela
- [Additive Effects of Exercise and Vitamin D Supplementation \(with and without Calcium\) on Bone Mineral Density in Older Adults: A Systematic Review and Meta-Analysis.](#) In Journal of Osteoporosis. 2023. With Expert Review from Chloe Steele
- [Combined bioavailable isoflavones and probiotics improve bone status and estrogen metabolism in postmenopausal osteopenic women: a randomized controlled trial.](#) In The American Journal of Clinical Nutrition. 2017. With Expert Review from Clare Grundel

[Access the Expert Reviews](#)

Keep scrolling for more CPD, BANT recognised and quality assured.

For the complete list of current events, [click here](#).

**BANT** Bone Health & Osteoporosis

**Qnutrition**

**EVALUATING ADHERENCE TO DIETARY AND EXERCISE RECOMMENDATIONS IN PATIENTS WITH OSTEOPOROSIS: A SYSTEMATIC REVIEW**

**THE EFFECTS OF VITAMIN D ON BONE METABOLISM IN POSTMENOPAUSAL WOMEN: A META-ANALYSIS OF RANDOMIZED CONTROLLED TRIALS**

**DIETARY RECOMMENDATIONS FOR OSTEOPOROSIS: A SYSTEMATIC REVIEW**

**ADHERENCE TO DIETARY AND EXERCISE RECOMMENDATIONS IN PATIENTS WITH OSTEOPOROSIS: A SYSTEMATIC REVIEW**

**FOOD FOR YOUR HEALTH**

**BANT**

**What is Osteoporosis?**

a bone disease that develops when bone mineral density and bone mass decrease, or when the quality or structure of bone changes.

**Common symptoms of Osteoporosis**

- Back and Neck pain**: Unexplained back and neck pain can be an early sign of compressed or collapsed bone in the spine.
- Foot Fracture**: Discomfort when climbing stairs or a hunch in your upper back, could be a sign of spinal bone loss.
- Shortness of Breath**: If your spine is starting to compress because of bone loss or fracture, your lung capacity may be reduced causing shortness of breath.
- Loss of Height**: You're getting shorter. Losing height is one of the most common signs that your spine might be shrinking.
- Weak Grip Strength**: Low grip strength is associated with an increase in fracture risk, especially of the wrist, hip, or forearm.
- Brittle Nails**: Nails that break easily or have vertical ridges, may indicate low calcium or calcium absorption.

**Risk Factors for Osteoporosis**

**Bone mass is partly inherited and varies by ethnic group.**

Your bones are in a constant state of renewal — new bone is made and old bone is broken down and replaced. Bone mass is typically peak at around 30 years. As people age, bone mass is then lost faster than it's created.

Risk factors for osteoporosis, include:

- **Sex**: Women are much more likely to develop osteoporosis than men, often times in peri-menopause.
- **Age**: The risk of osteoporosis increases with age.
- **Race**: White and Asian descent populations have an increased risk versus other ethnicities.
- **Family history**: Having a parent or sibling with osteoporosis puts you at greater risk.
- **Body frame size**: Individuals with small body frames tend to have a higher risk because they might have less bone mass to draw from as they age.

**Diet & Nutrition**

**Diet and Lifestyle support for Osteoporosis**

Osteoporosis can be supported with nutrition and lifestyle. This may include optimizing intake of food groups rich in nutrients to support bone health, such as vitamins D, K, and calcium. BANT nutrition practitioners assess and identify potential nutritional imbalances to understand how these may be contributing to an individual's symptoms and health status. While there isn't a one-size-fits-all solution for osteoporosis, personalized dietary and lifestyle suggestions can significantly aid in prevention and worsening of symptoms.

**FOOD FOR YOUR HEALTH**

Find a Practitioner at [www.bant.org.uk](http://www.bant.org.uk)

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**Phytoestrogens**

mimic oestrogen and exert preventative oestrogen-like effects

**What are phytoestrogens?**

Phytoestrogens are a natural compound found in some plants and plant-based foods, often referred to as dietary estrogens for their ability to mimic the hormone estrogen, and exert a similar effect on the body (albeit to a lesser extent than estrogen). The body's endocrine system is responsible for producing estrogen (a steroid hormone) which regulates the growth, development, and physiology of the human reproductive system, specifically by regulating the menstrual cycle in females. Phytoestrogens ability to both mimic estrogen and act as an estrogen antagonist (prevent estrogen from exerting their biological effects in the body) by blocking the estrogen receptors) makes them a controversial compound with regards to how much of these foods should be consumed in the diet. This will vary by individual and lifestyle.

**Health Benefits**

Some clinical research suggests that phytoestrogens may potentially help prevent health complications related to cardiovascular disease, some hormonal related cancers, osteoporosis, and in women perimenopausal and menopausal symptoms.

**Heart protective**

Phytoestrogens may support heart health, specifically in postmenopausal women by helping to prevent fatty buildup within the arteries, and regulating many different hormones and chemical levels within the body.

**Osteoporosis**

Natural estrogens can help maintain normal bone density. Since phytoestrogens have estrogen like effect in the body, they may help prevent bone loss in aging women.

**Hormone balance**

Women in menopause experience change in hormone levels, especially estrogen, progesterone and testosterone. Phytoestrogens intake may help to balance hormones naturally and improve certain menopause related symptoms.

**Cancer prevention**

Phytoestrogens may help in the prevention of breast and ovarian cancers by adjusting the hormone levels in the body and prevent excess estrogen buildup.

**Food sources:**

Although many plants and plant-based foods contain phytoestrogens, some are richer than others and may have a more significant effect on health. Most common food sources include lentils, beans, chickpeas, soybeans, soy, legumes, and tea. There are no dietary reference values (DRVs) and dietary intake should be tailored to individual health status and symptoms.

**FOOD FOR YOUR HEALTH**

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**NED Infobite on Bone Health and Osteoporosis**

**BANT Factsheet on Osteoporosis**

**BANT Factsheet on Phytoestrogens**

**Expression of thanks to our BANT Event Sponsors**



**Nucleotide Nutrition**

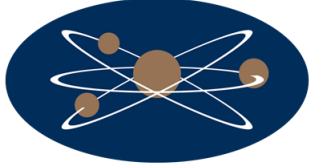
Nucleotide Nutrition is the first company to research and develop food supplements based on naturally extracted, purified nucleotides.

Our ever-growing range of healthcare products all harness Nucleotide Power via our groundbreaking Nutri-tide® nucleotide formula.

Our immunity and digestive health targeted supplements contain consumer-level doses of Nutri-tide®, combined with selected vitamins and amino acids: NuCell®IM helps support and maintain a healthy immune mechanism, combat and reduce fatigue, and promote energy release and cell protection. IntestAid®IB maintains long-term digestive health, a healthy intestinal mucosa (gut lining) and gut immunity.

To find out more about nucleotides and our range of ground-breaking products, or to request our exclusive BANT practitioner discount contact Rachel directly at

# BioCare®



Shaping a healthier society

## Biocare

### **Biocare Practitioner Education CPD Events in May-June 2024.**

The award winning Biocare event series offers free, CPD accredited education with cutting edge research and practical applications. Join us at one of our seminars or webinars.

Upcoming in May and June:

#### **Into the HumanVerse; Our Interaction with the Environment through Nervous, Immune and Detoxification Interfaces**

Reading, 22 May, Manchester, 13 June, Cambridge, 19 June

#### **The Green Tea Break Product Workshop, Mental Health Protocols. 2-hour workshops**

Exeter, 21 May, Bury St Edmunds, 04 June, Cardiff, 21 June

Visit <https://www.biocare.co.uk/education/events> to browse and register.

## Other upcoming CPD events

For further details of the following events and to register, please visit BANT's full event listing [here](#):

- **Pharma Nord** – Optimising Immunity Through Nutrition and Lifestyle with Lorraine Nicolle, Katie Sheen and Sue Camp. Various dates and events across the country
- **BANT** – BANT AGM 2024 with Directors and Managers. Live on-line 16 May 2024
- **Lamberts** – Special Diets: Clarity or Confusion? With Shoela Currey. Live on-line 22 May 2024
- **CNSLab** – Unveiling the Skin-Deep Connection: Exploring Food Sensitivity and its Impact on Skin Health with Dr Nigel Abraham, Dr Tricia Malahito and Stephanie Karl. Live on-line 30 May 2024
- **BioCare** – Into the Humanverse: Our Interaction with the Environment through Nervous, Immune and Detoxification Interfaces with Alessandro Ferretti. Various dates and events across the country

**The Centre for Integrative Sports Nutrition** – Short Course in Integrative Sports Nutrition with Ian Craig and Simone do Carmo. Live on-line from 25 April to 23 May 2024

- **LifecodeGX** – Genes in Mind: Nutrigenomics Master Practitioner Nervous System with Emma Beswick, Dr Miguel Toribio-Mateas and Daniel O’Shaughnessy. Live on-line from 10-31 May 2024
- **BANT Webinar** – Enzymes and Inflammation with Leyla El Moudden. Live on-line 4 June 2024
- **Lamberts** – Headaches: A Common Complaint with Shoela Currey. Live on-line 5 June 2024
- **ION** – The Big issue of Ultra-Processed Foods: Investigating the Pathways to Chronic Disease with Layla Gordon. Live on-line 5 June 2024
- **Integrative Oncology** - Integrative and Personalised Medicine 2024 with Dr Kristi Morlan-Hughes, Dr William Li, Prof Paul Dieppe. QEII Centre London 6-8 June 2024
- **Pure Encapsulations** – Nutritional Dermatology: Advances for Acne, Acne Inversa, Eczema and Psoriasis with Benjamin Brown. Various dates and events across the country
- **YourGutMap** – Food Sensitivity and Microbiome Testing. Live in York Science Park 15 June 2024
- **Lamberts** – Enhancing Wellness: Nutritional Toppings for Tailored Health Strategies with Dr Miguel Toribio-Mateas. Live on-line 20 June 2024
- **BANT Event** – Healthspan and Optimal Ageing with Prof Anne Kenny, Emma Beswick and Lorraine Nicolle. Live on-line 29 June 2024
- **ION** – Applying the Latest Nutrition Evidence for People Diagnosed with Cancer with Dr Carol Granger. Recording on demand
- **Clinical Education** – Understanding What Makes us Human: Navigating Trauma’s Impact in the Functional Medicine Matrix with Leonie Ash. Recording on demand
- **BANT Webinar** – Enzymes and Gut Health with Leyla El Moudden in partnership with Enzyme Science. Recording available in the BANT Learning Zone
- **BANT Webinar** – Ultra-Processed Foods. The Science, the Perception and the Debate. Recording available in the BANT Learning Zone
- **Nutrihub** – Nutritional Solutions for Eczema with Christine Bailey. Available on demand
- **BANT Webinar** – Anti-histamine Intolerance with Dilkiran Kular. Recording available in the BANT Learning Zone
- **BANT Webinar** – State of Cardiovascular Disease and Metabolic Disease: A Bittersweet Tale. Recording in partnership with Veri available in the BANT Learning Zone
- **BANT Webinar** – Understanding CGM Data for Practitioners and Applications for Client Care with Emily Johnson. Recording in partnership with Veri available in the



## BANT Learning Zone

To see full details of all these events, including prices and registration, please visit BANT's full CPD events listing [here](#).

Keep checking back to this list – add to your favourites! – as new events are being added on a regular basis.



British Association for Nutrition and Lifestyle Medicine (BANT)

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